Monroe Center for Healthy Aging

15275 South Dixie Highway
Monroe, MI 48161

NONPROFIT
ORGANIZATION
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MONROE, MI
PERMIT NO. 485

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Monroe County Senior Millage

Your senior millage tax dollars at work!

Engage!

May 2023

VOLUME 23, ISSUE 5

Leading in services, information, and assistance for quality lifestyles and healthy aging.

Open 365 Days a Year — Pending Any Covid Restrictions

Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

NEW Breakfast 8:00 to **9:45** Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00

Carry-Outs are available. Please call 734.241.0404

Staff

Executive Director:
Sandie Pierce
sandie@monroectr.org

Operations Manager:
Vacant
(Applications are being accepted!)

Program Manager:
Toni Solomon
toni@monroectr.org

Cooks:
Scott Suttles
Carol Huffman
Brenda Lewis
Esther Thompson
Susan Stoner
Delanie Guyor

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Linda Guyor
linda@monroectr.org

Volunteer Coordinator:
Tommie Kruse
tommie@monroectr.org

Bingo Coordinator:
Lisa Brown

RSVP Director:
Beth Berlin
beth@monroectr.org

RSVP Volunteer Coordinator:
Jo Anne Bray
joanne@monroectr.org

Vision:

The Monroe Center for Healthy Aging is committed to improving the quality of life and health of older adults in Monroe County.

Monroe Center for Healthy Aging

15275 South Dixie Highway
Monroe, MI 48161
734-241-0404

Visit us on-line:
www.monroectr.org

Board of Directors

PRESIDENT:
Mark S. Braunlich

VICE PRESIDENT:
Michelle LaVoy

TREASURER:
Jaime McDonald

SECRETARY:
Peggy Barton

BOARD MEMBERS:
Bill Bacarella
Troy Goodnough
Kevin Hemry
Richard Janssens
Diane Kamprath
Hobby Nels
Kassie Kipper
Sister Janet Ryan, IHM
Jennifer Sell
David Swartout

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Carry-Out Meals are available.
Call 734.241.0404

"The Monroe Center is the place to be – for fun, fellowship, and support."

Watch **"Off Your Rocker"** on MPACT
Tuesdays at 5pm & Thursdays at 4pm
Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at
https://www.youtube.com/user/MPACTstudio/videos

Views and comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars — including the Monroe Center *for Healthy Aging.* Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.

From the Director's Desk

KINDNESS /'kain(d)nes/ noun

1. *Loaning someone your strength instead of reminding them of their weakness.*

~ TheMindsJournal

Happy Mother's Day to all of the ladies! You all deserve a wonderful day, regardless of the number of children you have had. Women everywhere teach, love, guide, and help as part of who they are. Thank you for that. Your loving example has made a difference. This poem says it all:

"If I Knew As a Child"

If I knew as a child what I know now, Mom,
I probably wouldn't have made things
so hard for you.

I would have understood
that you were looking out for my best interest,
even though it may not have seemed so at the time.

I would have known how difficult it is to let go,
to stand back and let someone you love
learn from their mistakes.

I would have realized
how fortunate I was to have a mother
who was always there for me.

And even though
I was not good at showing it,
I remain forever grateful.

— Renee Duvall (adapted)

At the Center this month, we have our Rummage Sale on May 12 and 13. That's a Friday and Saturday this time. National Senior Health & Fitness Day is at the end of the month on May 31. Please join us.

We're glad when you're here.

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!** Card sales at 1:30 p.m. **Sunday Bingo is May 21**
- **May 3 — Birthday Celebration** during lunch
- **May 3 —Trivia Night** at 5:00 p.m. Prizes!!
- **Monday Massages and 1st-Wednesday of the month—** with JoAnn — 10:00 to 1:00
- **Thursdays at 1:00 — The Chosen** eight part series
- **May 4 —**at 11:00 Library in Motion Delivery
- **May 11 — Jefferson Class Reunion** — 11:00
- **May 11 —Crafts —**3:00
- **May 10 — Movie — "***Jesus Revolution"* — 1:30
- **May 12 & 13** — **Rummage Sale —** 8:00 a.m.
- **May 14 — Mothers' Day**
- **May 17 — Poetry Class** with Nancy Jackson at 1pm
- **May 17** — Class of '67 Breakfast — third Wed.
- **May 25 — Health Odyssey** Sponsored by ProMedica. Topic: Lower Heart Disease Register at 734.241.0404
- **May 31 — National Senior Health & Fitness Day** Complimentary lunch at 11:30. Speaker at noon. Please RSVP 734.241.0404
- **June 1 —** $2 Soup and Sandwich Day

Please Remember to Scan

Happy May Birthdays

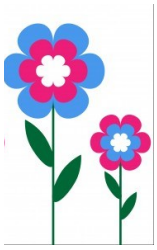
Theresa Abalos
Janice Adams
Mary Ball
Peggy Barton
Thomas Beck
Bob Bess
Robert Bomyea
Mark S. Braunlich
Rose Brown
Charlene Calkins
Alice Chalupka-Mayville
Karen Davis
James Dombroswki
Adam Emmendorfer
Don Faulhaber
Daniel Gautz
Richard Genord
Constance Goolsby
Diana Hammack
Delanie Guyor
Elizabeth Harrington
Kathy Hartwig
Curtis Haynes
Norman Heath
Mary Ann Hill
Ambrose Hopper
Elaine Hudkins
John Hughes
Violet Ingram
Nancy Jackson
Lynne Johnson
Mark K. Kenney
Frankie Kerkenbush
Russell Kiebler
Paula Kipf
Maria Koch
Mary Kohlman
Barbara Kozicki
Marjorie Kreps
Linda Lamb
Evonne Loop
Walter Love
Frank Lucas
Fontella Lyke
Rick Meier
Al Miller - Happy 99!
Joyce Miller
Charlotte Moore
Dale Morgan
Roxanne Morris
Virginia Nagel
Nancy Neal
Ron Niemann
Karen Orofino
Richard Peters
Tom Radcliffe
Bill Reynolds
Mildred Rieger
Susan Rodriguez
Dennis Rohmyer
Patti Rousselo
Wandalee Rumler
Sue Stadler
Jerry Stromberger
Chris Sturn
Peter Sucura
Scott Suttles
Brenda Swathell
Kim Tornquist
Susan Vandevelder
Betty Westover
Jan Woods
Dolly Woods
Clint Worrell
Carol Yount

Birthday Celebration!

The Birthday Celebration is May 3. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in May enjoy a complimentary meal on Wednesday, May 3, 2023.

Thanks to Maria McMullin, DDS for sponsoring the cake, in memory of her mother, Theresa Genord.

Happy April Birthdays!



Nathan Brown
Cathy Byrum
James Dombrowski
Ambrose Hopper
James Kozlowski
Julius LaRoy
Barbara Lazette
Michelle Lucarelli
Joan Milan
Michele Muhleck
Debra Pettis
Susan Rubley
Michelle Spencer
Mary Stoner
Roy and Joyce Turay
Gerald Wahl
Karen Wolfe
Jane Wolfenbarger

Recent Donations

Thank You

Dee Mitchell and Lisa Brown
fpr the donations of bottled water

DTE for stuffing our Easter Eggs

DTE Energy

Fountain View for sponsoring the Egg Hunt

Fountain View of Monroe

Luann Diroff
Network for Good

in memory of Gus Ginepro
Sharon Bondy

Thank You

in memory of Barb Mazur
Sandie Pierce

NEW

Monthly "Poets Society"

with Nancy Jackson

Wednesday, May 17
at 1:00 p.m.

In this class, participants will discuss and learn how to write poetry.

Please sign up at the Front Desk.

Thanks to United Health Care for sponsoring the April Birthday Cake.

United Healthcare

Talent Show Anyone?

Please let us know if you'd like to be part of a Members' Talent Show!
Sing? Dance? Juggle?
Play an instrument? Perform Magic?
Start practicing for August!

Rummage Sale— Friday & Saturday

May 12 — 8:00 a.m. to 4:00 p.m.
May13 — 8:00 a.m. to Noon

Memorial Leaves are available for $10 each. Order at the Front Desk or see Linda Guyor.

Cheri's Quote of the Month

"Success is getting what you want.

Happiness is wanting what you get."

~ Dale Carnegie

With sympathy …

Chris Burkett 3/15/2023

Dick Peplinski 3/19/2023

Valerie Smelcer 03/16/2023

Mary Lou Hayter 03/27/2023

Rosa Brock 04/03/2023

Deep in our hearts you'll aways stay loved and missed everyday

Monroe Center for Healthy Aging

May 2023
"What's Going On" at-a-Glance

May Craft — Clay Pots

May 11 — 3:00 p.m.

Please sign up at the Front Desk.

Monroe Ford Retirees — Monday, May 1 at 8:30 and 11:30

BINGO

Bingo is held on Tuesdays
Card Sales at 1:00. Bingo at 1:30

Sunday Bingo is May 21
Card Sales at 1:30. Bingo at 2:00

Health Odyssey

ProMedica Monroe Regional Hospital

May 25, 2022

11:30 a.m. Lunch / 12:00 Program

Topic: How to Optimize & Lower Heart Disease through Lifestyle Changes, Healthy Eating and Movement with Drs. Kekulawala and Saevig

RSVP Requested: 734.241.0404

Registration includes the complimentary lunch for those who attend the program. Please respect others by listening.

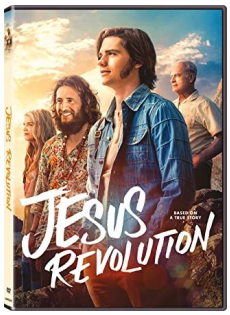
After the events, watch presentations on-line at https://www.youtube.com/user/MPACTstudio/videos

HOSTED BY BETH & PATTI

Wednesday, May 3rd
5:00 to 6:30 p.m.

Free of charge.
Prizes Awarded!

Get a Team Together — limit of four people per team. Ages 12+



May Movie
"Jesus Revolution"

May 10 – 1:30

Co-directors Jon Erwin and Brent McCorkle tell the story of a '70s revival movement that brought together countless Christians in Southern California. With an unstable family, Greg Laurie (Joel Courtney) heads to California, seeking to change his life. He meets preacher Lonnie Frisbee (Jonathan Roumie) and pastor Chuck Smith (Kelsey Grammer) whose church accepts struggling young Christians. A spiritual movement ensues, changing the course of American history forever. ~ Farida Ezzat

PG-13 Complimentary popcorn.

NEW! "Colors Social"

Join Ellen Brockway as she leads a coloring class on Fridays from 1:00 to 2:00 pm

Supplies will be provided. No charge.

Calling All Crafters!

Fridays **now** at **12:00 noon.**

Join the group of people who are getting together to knit, crochet or ***do other handiworks***. Make a dishcloth, scarf, or afghan. Beginning tutoring is offered for knitting and crocheting. Bring your own supplies. If you have questions, call Maxine at the Center on Friday mornings.

Also, donations of yarn are needed for baby blankets, hats, and other items that are donated to those in need.

Exercise Classes

Chair Yoga — Tuesdays & Thursdays at 10:15 with Cheri

Balance Class—Mondays and Wednesdays at 3:00 with Sandie

EnhanceFitness®
Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:30

Movin' & Groovin' — Mondays and Wednesdays at 9:00 with JoLynn

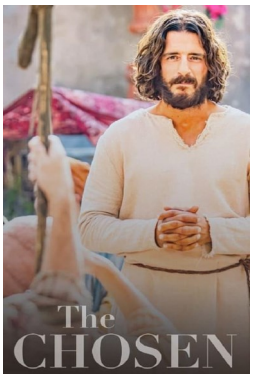
Massages with JoAnn
Mondays and the 1st Wednesday of the month from 10:00 to 1:00 — $1 per minute

NEW: Drumming and Yoga with Betsy
Fridays 8:45 to 9:45 a.m.

NEW

Women's Bible Study
led by Toni and Shanna
Friday, May 5, 2023
at 3:00 p.m.

Men's Bible Study — 9:00 a.m.
Every Other Saturday
with Minister Solomon



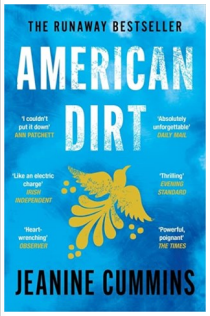
The Chosen is the first multi-season series about the life and ministry of Jesus of Nazareth. The series centers on Jesus and the many people who met and followed him.

JOIN US ON

Thursday afternoons,
May 4—May 25
from 1 p.m. to 3 p.m.
to watch the entire first season.
We will watch two episodes each week.

EUCHRE HAS RETURNED
TUESDAYS AT 11:00 A.M.

MONROE CENTER BOOK CLUB



Thursday, May 25
at 1:30 p.m.

"American Dirt" by
Jeannine Cummins

Already being hailed as "a Grapes of Wrath for our times" and "a new American classic", Jeanine Cummins' *American Dirt* is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope.

June's Selection: *"In My Own Words"*
by Ruth Bader Ginsburg

Brain Aerobics

On Hold at the present time.
Crossword puzzles are available daily at the Front Desk.

THINGS TO KNOW:

- The first row outside of the Center is reserved for guests of the Center. The Monroe Center reserves the right to tow cars that are in violation.
- Please remember that **the Center is scent free**.
- As of April 1, Gift Certificates may be used for food purchases or Bingo only.

St. Mary's Rosary Makers

St. Mary's Rosary Makers meet at the Monroe Center for Healthy Aging on the first Tuesday of every month at 9 a.m.

This group is open to everyone. Rosaries are sent to the missions. Supplies and instructions are provided, and you are able to keep the first rosary you make for yourself.

Join us for our Annual National Senior Health and Wellness Day

Wednesday, May 31, 2023 — 8:30 a.m. to 1:00 p.m.

2023 Theme:
"Move More to Do More!"

8:30 to 11:30

- *Exercise Classes*
- *Fitness Room Instruction*
- *Health Information*
- *Blood Pressure & Sugar Checks*

9:00 "Eating Our Way to Extinction" Documentary

11:30 Complimentary Lunch — Please RSVP

12:00 Keynote Speaker: Molly Armstrong

Molly Armstrong is a Registered Dietitian and has been with Gordon Food Service for 6 and a half years. In her current role, she is part of the Marketing team as the Non Commercial Business Solutions Specialist in the Great Lakes East and Central Regions, working closely with Healthcare, K-12 and College & University customers. Prior to Gordon Food Service Molly worked as a clinical dietitian in a variety of settings including long term care, a community hospital and a long term acute care hospital.

OLDER AMERICANS MONTH

AGING UNBOUND: MAY 2023

acl.gov/oam

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month.

The 2023 theme is ***Aging Unbound*** which offers an opportunity to explore diverse aging experiences, to discuss how to combat stereotypes about aging, and to promote flexible thinking about aging — knowing that we all benefit when older adults remain engaged, independent, and included.

Friday Night Meal

May 19, 2023

Meal: 4:15 to 6:00

Beef Pot Roast
with Potatoes,
Carrots, Celery and Biscuit

Board Games to 7:00 p.m.
Get some people together for fun!

Poker Games

1st and 3rd Thursdays
at 10:00 a.m. (See Kevin)

LIVE UNITED

United Way

United Way of Monroe / Lenawee Counties

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH HUB DENTAL CLINIC IS HERE TO SERVE YOU.

MCOP

OPPORTUNITY CENTER
120 EASTCHESTER STREET
MONROE, MI 48161

family medical center of michigan

SERVICES ARE AVAILABLE FOR THE INSURED AND UNINSURED.
CALL FOR MORE DETAILS AND TO SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244

community foundation of monroe county

Diabetes and Nutrition Services

For each patient, we customize a plan to meet your specific diabetes and/or nutrition health goals and needs.

FREE

MEDICARE WEIGHT LOSS PROGRAM

Dietitian-led free Medicare program for those with a BMI (body mass index) greater than/equal to 30 kg/m2 and Medicare Part B. Up to 22 visits with dietitian in one year.

You'll need a referral from your physician.

*They can **fax it to 734-240-1892**, provide you with a paper referral or complete an electronic order if they are a ProMedica-affiliated provider.*

Questions call 734-240-1813 (Monday-Thursday 8am – 5:30pm)

PROMEDICA
MONROE REGIONAL HOSPITAL

American Diabetes Association®

Accredited Program

RSVP Monroe County

AmeriCorps Seniors

RSVP is a volunteer network for people 55 and over. Use the skills and talents you've learned over the years (or develop new ones) while serving in a variety of volunteer activities right here in Monroe County.

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.

We'll have the Home Games on the Big Screen on:

May 4, 2023 — New York Mets
June 21, 2023 — Kansas City
July 6, 2023 — Oakland
July 27, 2023 — Los Angeles Angels
August 10 — Minnesota
Augus 31 — New York Yankees
September 14 — Cincinnati

Pinochle Winners

March 11 — Cindy Prusaitis
March 13 — Dee Mitchell
March 15 — Mary Rhoades
March 17 — Pat LaRoy
March 18 — Luther Conner
March 20 — Dee Mitchell
March 22 — Al Miller
March 24 — Cindy Prusaitis
March 25 — Kevin Hemry
March 27 — Pat LaRoy
March 29 — Cindy Prusaitis
March 31 — Cindy Prusaitis
April 1 Cindy Prusaitis
April 3 — Jean Moore
April 5 — Mary Rhoades
April 7 — Luther Conner
April 10 — Gene Opfermann

Today's Quote:

Do the best
You can until
You know better.
Then, when you
know better,
do better.

~ Maya Angelou

MONROE CENTER TRAVEL

The Center is again offering a few trips in 2023.
See the flyers at the Center for more information
or call Maxine at 734.241.0404 on Friday mornings.

NEW: Belterra Casino — July 23 and 24, 2023
$199 double occupancy. Leaving I-75 Monroe Exit

NEW: Caesar's Casino — June or July 2023
Leaving Elevate Church. Passport required.

Alaska — on the Celebrity Solstice — 8 days and 7 nights —
September 8—15, 2023
Depart Seattle, Washington, cruising to Ketchikan, Juneau, Skagway, and the Alaska Inside Passage, then to Victoria British Columbia, and returning to Seattle.
Rates are $2,960 to $3,610, double occupancy; includes airfare from Detroit.

Holy Lands & Aegean Majesty (Jerusalem to Rome) —
October 6 through 17, 2023
Includes roundtrip airfare to Jerusalem and 11 nights with Oceania Cruises on the Oceania Nautica — stopping in Limassol, Cyprus; Rhodes, Greece; Ephesus, Turkey; Athens, Greece; Santorini, Greece; Sicily, Naples, and Rome, Italy.
$4,198 to $7,998 per person. Final payment is due June 6, 2023.

Alaska — on the Celebrity Solstice — 8 days and 7 nights —
May 12 through 19, 2023
Depart Seattle, Washington, cruising to Ketchikan, Endicott and Dawes, Juneau, Skagway, and the Alaska Inside Passage, then to Victoria British Columbia, and returning to Seattle.
Rates are $2,623 to $3,861 per person, double occupancy,
and includes round trip air fare from Detroit.
Passport required. Final Payment is Due!

Canada & New England — on Royal Caribbean's
Vision of the Seas —10 days and 9 nights —
September 28 through October 7, 2023
Depart Baltimore, Maryland, cruising to Boston, Massachusetts, Portland, Maine, Bar Harbor, Maine, Halifax, Nova Scotia, and Saint John, New Brunswick, Returning to Baltimore, Maryland.
Rates are $2,357 to $3,377 per person, double occupancy,
and includes round trip air fair from Detroit. Passport required.

Monroe County Library in Motion Pick-Up

May 4 — 11:00 a.m.

Drop-In Advice for Laptops, Cell Phones, Tablets

Third Thursday — May 18 — 2:00 to 3:00 p.m.

Frenchtown-Dixie Branch Library

You are invited to Virtual Caregiver Coffee with MemoryLane Staff

Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

You may choose video-conference or phone.

Bring your own coffee!

For details, call: 419-720-4940

Support Services

- Jackie Drouillard answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment. 734.241.0404
- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, and other issues. Call 734.241.0404 to make an appointment.
- **Income Tax Assistance:** John Bocks is at the Center Mondays from 8:00 to 4:00.
- **Blood Pressure Checks** with Gena Craft from IHM — May 25 at 10:00 a.m.
- **MemoryLane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!

"ASK THE PHARMACIST" —

with Jennifer Sell, RPh, Director of Pharmacy Services
ProMedica Monroe Regional Hospital

The Highs and Lows of Statin Therapy

I receive lots of questions about statin therapy in my practice, which is not a surprise given that this class of drugs has been among the most highly prescribed in the last decade. Statin drugs are very effective at lowering total cholesterol and have proven their effectiveness in reducing the occurrence of heart attacks and stroke. These benefits do not come without some risk of side effects though, which can make many patients wonder if a statin is right for them and what the long-term risks of taking these meds are.

The most common side effects cause by statins are muscle pain, digestive problems and mental fuzziness. These meds rarely cause liver damage, but the FDA has issued warnings that they can cause an increase in blood sugar or development of Type 2 diabetes for some patients.

If you are on a statin and experiencing side effects, it is important to let your doctor know right away. Do not stop taking the statin without talking with your doctor or pharmacist first. There are options like switching to a different statin, lowering the dose or adding Coenzyme Q-10 to help minimize side effects.

There has also been a lot discussion that these meds cause memory loss and confusion when taken on a long-term basis. There have been a number of studies that have reviewed this and so far, there is limited evidence to prove a cause-effect relationship. On the flip side, there has also been some evidence that these drugs may help with brain function in patients with dementia. Again, more research is needed to prove this.

So, is a statin right for you? If you have risks of heart attack or stroke or have already suffered one, the answer is yes. The key is to find the right statin at the right dose so you can receive the positive cardiac benefits while minimizing the risk of the side effects. A conversation with your doctor and your pharmacist can help to answer your questions about statin therapy and finding the right one for you.

Take care and stay healthy!

~ Jennifer

WORDS MATTER

WHAT DO YOU SAY WHEN YOU TALK ABOUT MENTAL HEALTH?

When it comes to mental health and mental ill health, the words we use matter more than we think. The way we talk about mental health and people experiencing mental distress can reinforce negative stereotypes and be stigmatising, without us even realising it.
Language is a powerful tool for creating awareness and fighting stigma, so here are a few tips on how to be mindful of the words we use and how to avoid causing offence when we don't mean to. We have tried to pick terms that are non-stigmatising, but we understand that each person is unique, and some people may not identify with the language chosen here.

BE CAREFUL WITH LABELS: DO NOT REFER TO PEOPLE AS THEIR CONDITIONS

A person living with a mental health problem is much more than their experience or diagnosis. You could not describe yourself with a single word, could you? Avoid the use of diagnostic language when referring to people: A diagnosis does not represent a person's whole identity!

"A person with a mental health problem"
"A person living with mental ill health"
"Mental health service users"
"Person with lived experience"
"Expert by experience"

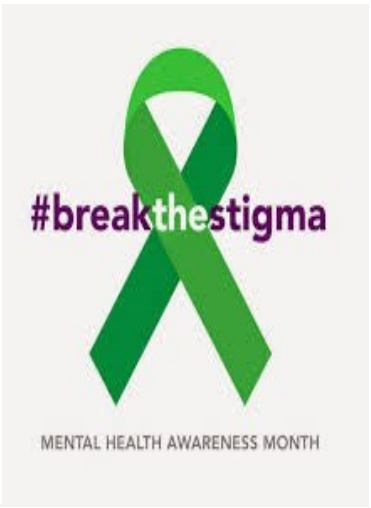
"A psycho"
"He/she is a schizophrenic" / "A depressive"
"The mentally ill/sick"
"People with mental disorders"
"The mentally diseased/disordered"

SPEAK ABOUT THE EXPERIENCE, NOT THE SYMPTOMS

We all have mental health, and we may all experience psychological distress at some point because of specific events or circumstances happening in our lives. Experiences of mental distress can vary greatly from individual to individual. When we need to bring up someone's mental ill health, it is better to speak about what they are experiencing, rather than using psychiatric terms. Terms such as 'illnesses' or 'diseases' can be helpful for some people as they may help them seek help and support, but they can also hinder our understanding of mental distress as a wide spectrum of experiences and feelings.

"A person experiencing mood swings"
"She/he is hearing voices or has unusual beliefs"
"He/she has been given a diagnosis of"
"Someone who is currently experiencing"
"A person receiving support for"
"People experiencing mental ill health/mental distress"
"Encountering/experiencing emotional or psychological difficulties"

"The patient"
"Symptoms of depression"
"He/she has bipolar disorder"
"Mental disease"
"Suffer from"



The ***Monroe County Building Healthy Communities Coalition*** is a collaborative workgroup with representatives from health and human services agencies across the county focused on improving the health and wellbeing of residents. Each month, as part of the Community Health Improvement Plan the group selects a focus area. Mental Health Awareness Month was chosen for the Month of May.

EWG's Dirty Dozen Guide to Food Chemicals: The top 12 to Avoid

The Environmental Working Group is a community 30 million strong, working to protect our environmental health by changing industry standards.

Our food should be nourishing and safe to eat. But more than 10,000 chemicals are allowed in food sold in the U.S. Almost 99 percent of food chemicals introduced since 2000 were greenlighted for use by food and chemical companies, rather than properly reviewed by the Food and Drug Administration. Many of these widely used chemicals are associated with major health harms, including increased risk of cancer, developmental harm, and hormone disruption.

These substances end up in what we eat, thanks to a legal loophole that allows foods to be classified as "**generally recognized as safe**." It's a loophole food and chemical companies have exploited for decades – it means that instead of the FDA determining which food chemicals are safe to consume, the manufacturers of those substances decide.

EWG's Dirty Dozen Guide to Food Chemicals shows which chemicals to avoid in food by highlighting some of the worst offenders on the market.

Nitrates and Nitrites
Nitrates and nitrites are preservatives used in cured meats. Nitrites can form from nitrates and have been linked to stomach cancer, esophageal cancer, and possibly brain and thyroid cancers.

Potassium Bromate
Potassium bromate is a possible human carcinogen added to flour used in packaged baked goods.

Propyl Paraben
Propyl paraben is a preservative used in pastries and some tortillas. It causes developmental and reproductive harm.

BHA
Butylated hydroxyanisole, better known as BHA, is a preservative used in cured meats and other foods. Multiple sources have identified it as a possible human carcinogen.

BHT
Butylated hydroxytoluene, also called BHT, is a preservative found in cereals and other foods. It's a chemical cousin of BHA and is a possible human carcinogen.

TBHQ
Tert-butylhydroquinone, or TBHQ, is a preservative used in Pop-Tarts and other processed foods. It may harm the immune system and weaken the effectiveness of vaccines.

Titanium Dioxide
Titanium dioxide is a color additive used mostly in candy. It may damage DNA.

BVO
Brominated vegetable oil, or BVO, is used to stabilize citrus flavors in sodas and fruity drinks. It can cause neurological harm.

PFAS
The toxic per- and polyfluoroalkyl "forever chemicals" known as PFAS are used in food packaging and are known to leach into the food itself. They increase the risk of cancer and damage the immune and reproductive systems, among many other health harms.

Artificial Colors
Synthetic food dye can be found in many types of food and beverages. They can affect development and cause behavioral difficulties in children. There are seven we're especially concerned about: Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2 and Green 3.

Artificial Sweeteners
Artificial sweeteners can affect the hormones that regulate metabolism and have a negative effect on weight control.

Heavy Metals
Many baby foods contain dangerous levels of heavy metals, including mercury, lead, cadmium and arsenic. Exposure can slow growth and development, increase cancer risk and lead to behavioral and learning difficulties. Most metals get into food through water and soil pollution.

By Iris Myers (EWG)
JULY 11, 2022

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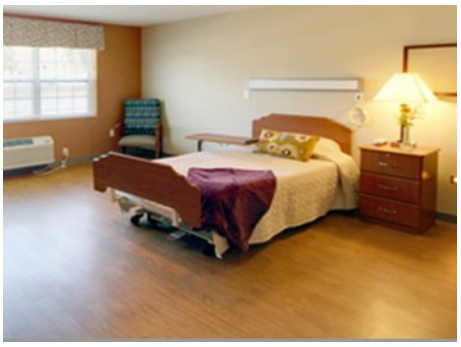

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Monroe Center for Healthy Aging 734-241-0404	1 **Ford Retirees** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance	2 **MCOP Support Services** 9:00 Rosary Makers 10:15 Chair Yoga 11:00 **Euchre** 1:30 Bingo 6:00 Woodcarvers **7:00 Coin Club**	3 **Birthday Dinner** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 **Trivia**	4 **Medicare with Jackie by appointment** 10:15 Chair Yoga 10:00 Poker Game 11:00 **Library in Motion** 1:00 **The Chosen** 7:00 **Model A Club**	5 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 **Colors Social** 3:00 Women's Bible	6 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle Mens Bible Study
7 Sunday Dinner 11 a.m. to 1 p.m.	8 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance	9 10:15 Chair Yoga 11:00 **Euchre** 1:30 Bingo 6:00 Woodcarvers	10 **Monroe Senior Legal** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 **Movie ""** 3:00 Balance	11 **Medicare with Jackie by appointment** 10:15 Chair Yoga 11:00 **Jefferson Class Reunion / Lunch** 1:00 **The Chosen**	12 Rummage Sale 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 **Colors Social**	13 Rummage Sale Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
14 Mother's Day Sunday Dinner 11 a.m. to 1 p.m.	15 **Newsletter Crew** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	16 **MCOP Support Services** 10:15 Chair Yoga 11:00 **Euchre** 1:30 Bingo 6:00 Woodcarvers	17 **8:30 Class of '67 BK** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:00 **Poetry Class** 3:00 Balance	18 **Medicare with Jackie by appointment** 10:15 Chair Yoga 10:00 Poker Game 1:00 **The Chosen**	19 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social **4:15 Meal & Games**	20 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle Men's Bible
21 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	22 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	23 10:15 Chair Yoga 11:00 **Euchre** 1:30 Bingo 6:00 Woodcarvers	24 **Monroe Senior Legal** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	25 **Medicare with Jackie by appointment** 10:15 Chair Yoga 11:30 **Health Odyssey** **Please RSVP 241.0404** 1:00 **The Chosen**	26 Soup & Sandwich 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 **Colors Social**	27 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
28 **$6 Special** Sunday Dinner 11 a.m. to 1 p.m.	29 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle **Memorial Day**	30 10:15 Chair Yoga 11:00 **Euchre** 1:30 Bingo 6:00 Woodcarvers	31 **Health & Fitness Day** 9:00 Movin' &Groovin' 10:00 Enhance®Fitness **11:30 Lunch / Speaker** 12:00 Pinochle 3:00 Balance			

May 2023

May 2023

Evening Meals

Served 4:15 to 6:00 pm

Main Choice: $3.00 Eat-In or Carry Out

Monday	Tuesday	Wednesday	Thursday	
1 Cheeseburger Burrito Refried Beans Fruit	2 Chicken Marsala over Pasta Broccoli	3 Egg and Chicken Lettuce Wrap English Muffin Fruit	4 Potato Soup Grilled Cheese Sandwich Fruit	
8 Salmon Patties w/ Peas and Sauce Country Potatoes Fruit	9 Taco's Spanish Rice Chips and Salsa	10 Porcupine Meatballs Mashed Potatoes Vegetable	11 Country Pork Stew with Peppers and Beans Mashed Sweet Potatoes Cooked Apples	
15 Southwest Chicken and Rice Bake Side Salad	16 USA Wild Caught Cod Vegetable in a Biscuit Casserole / Fruit	17 Monte Cristo Sandwich Spaghetti Salad	18 Trio Salad: Tuna, Chicken, Cottage cheese Fruit	19 Beef Pot Roast Biscuit
22 Chicken Wings Potato Wedges Broccoli Salad	23 Turkey Sloppy Joes Potato Salad Baked Beans	24 Blueberry or Russian Pancakes Sausage / Fruit	25 Sausage—Spinach Lasagna Soup Multi-Grain Bread Cottage Cheese/pineapple	
29 Memorial Day French Bread Pizza Side Salad Watermelon	30 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetable	31 Tuna Melt Cucumber Salad Veggie Chips	June 1 Creamy Chicken and Broccoli Pasta Dinner Rolls Fruit	

Monroe Center meals are open to the **public. Menu subject to change.** 734-241-0404

Milk Shakes: Vanilla, Chocolate, Caramel or Strawberry: One Size $2.00

Thursday is Sundae Night: $2.00

30 **$6 Special** BBQ Ribs or Chicken Baked Potatoes Broccoli & Cauliflower Dessert	1 **Ford Retirees** Pork Chop with Sauerkraut Country Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	2 Stuffed Peppers with Ground Turkey Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	3 **Birthday Dinner** Open Faced Roast Beef Sandwich Mashed Potatoes Green Beans Birthday Cake & Ice Cream 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod. (No hamburgers today)	4 USA Wild Caught Cod Brown and Wild Rice Mixed Vegetables 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	5 Cinco de Mayo Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	6 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
7 Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	8 Chicken Fettuccini Carrots Cole Slaw 791 cal. 44g fat 46 carbs. 53g protein 723mg sodium	9 Chicken Sausage Bake Yogurt Parfait English Muffin	10 Chili-Style Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	11 Sweet & Sour Pork Angel Hair Noodles Stir Fry Vegetables Applesauce 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.	12 Rummage Sale BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	13 Rummage Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
14 Mother's Day Roast Turkey / Cod Mashed Potatoes Green Beans Cranberries / Cake 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	15 Liver & Onions or Salisbury Steak Mashed Potatoes Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	16 Chicken or Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	17 **Class of '67 Breakfast** Shrimp, Chicken and Snap Peas with linguini pasta Celery Salad 403 cal. 7.7g fat 47g carbs 25g prot. 130gm sodium .5g sugar 3.8g fiber	18 Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	19 Baked Salmon Red Skin Potatoes Corn 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	20 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
21 Bingo Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	22 Turkey Chili Multi-grain Bread Fruit 666 calories; 11.6 g fat; 2,726 mg sodium. 53 g carbohydrates; 34.7 g protein	23 Grilled Pork Chops Mashed Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	24 Chicken Noodle Casserole with Peas Cole Slaw 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g prot. 948mg sodium	25 **Health Odyssey** Roast Turkey Mashed Potatoes Beans/ Cranberries/ Fruit 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium (No other options today)	26 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	27 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
28 **$6 Special** BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert	29 **Memorial Day** Turkey Burgers with Sautéed Onions Potato Salad /Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	30 Broccoli or Onion and Mushroom Quiche Sausage Patty Hash Browns Banana	**31 Health & Wellness** Marinated Chicken Breast Baked Potato Peas / Side Salad / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No other options today)	1 **Soup & Sandwich $2** Split Pea with Ham or Broccoli Soup Chicken Salad or Tuna Salad Sandwich Dessert (No other options today)	May 2023 Monroe Center for Healthy Aging 734.241.0404	

Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available. Menus are subject to change.